

Introducing a Bottle to Your Breastfed Baby

Paced bottle feeding slows the flow of milk from the bottle to make it more similar to breastfeeding. It can be stressful to babies when they are unable to control the flow of milk and can lead to overfeeding. When using this method, babies can participate in the feeding as they are ready.



- **Use a straight bottle and a soft, round, slow-flow nipple.** Slow flow nipples require baby to put forth an effort more like breastfeeding.
- **Hold your baby in an upright position with the bottle horizontal.** This position helps to slow the flow of the milk. Never feed your baby lying flat or with a propped bottle. Only fill the nipple halfway with milk.
- **Place the tip of the bottle nipple just below his nose and let him seek the nipple.** Baby's lips should just barely touch the "collar" at the base of the bottle nipple and his lips should be flanged out. Be patient and respectful of your baby, waiting for him to open his mouth rather than pushing the bottle in.
- **Take frequent breaks to mimic a "let down."** Every 1 or 2 minutes, tilt the bottle down leaving the bottle nipple in baby's mouth. This allows for easier transition between breast and bottle by slowing the flow and encouraging baby to "work" for milk as he/she does on the breast. Never force a baby to finish a bottle if he signals he is full. A feeding usually takes about 20 minutes.

The below volumes represent a guideline for the approximate TOTAL volumes needed as baby grows, or as directed by your baby's pediatrician.

{	Weeks Two and Three – 2-3 oz per feeding	}
	Weeks Four and Five – 3-4 oz per feeding	
	One to Six Months – 3-4 oz per feeding	

Sometime between six months and a year (as solids are introduced) baby's milk intake may begin to decrease, but breastmilk should provide the majority of baby's nutrition through the first year.

See the link below for more information:



References:

Kassing, Dee. *Bottle-Feeding as a Tool to Reinforce Breastfeeding*. J Hum Lact 18(1). 2002.
Carolina Global Breastfeeding Institute. 2015. Bottle and Formula Feeding: A Guide for Healthcare Professionals.
Mohrbacher, Nancy. Breastfeeding Answers Made Simple. 2010.
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